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CHILDREN TESTED RECIPES

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Children's Kitchen

Tested Recipes

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Mary Brockwell

C H I L D R E N

~~K I T C H E N~~

T E S T E D

R E C I P I E S

Chapel Hill, N. C. May, 1966

CHILDREN

KEEPED

FROLICKS

FORWARD

The Chapel Hill Cooperative Pre-School has many good points, one of which is in the person of Mrs. Mary Brockwell who, among other things, prepares the noon lunches.

Any mother whose child has eaten lunch at the school has undoubtedly been told, "I wish you would make things taste as good as Miss Mary does." - or during lunch at school has watched with amazement as her child asks for "seconds" and even "thirds" of food that he wouldn"t think of touching at home.

Now, for the first time, some of "Miss Mary's" child-pleasing menus and recipies are available to you (we guarantee they will make a hit with adults, also). Mrs. Brockwell's concern with well-balanced meals, appealing tastes, and economical use of good food combine to make this small cookbook one you will use again and again.

Our thanks go to Mary Brockwell for sharing her recipies, Peggy Hatfield for the cover design, V. C. Land for his able duplicating, and Gladyce Walker for typing.

The Executive Committee
of the Parents' Group
Chapel Hill Pre-School

Mrs. Pearson's Diary?
P51496

Hot Dogs on Bun with Chili
Cole Slaw with Carrots
Potato Chips
Milk
Ice Cream Sandwich

CHILI

Heat 2 Tbs. oil in heavy skillet; add 1 pound hamburger and brown lightly. To this add 2 cups tomato sauce, 2 Tbs. chili powder, 1 teas. salt, 1 teas. Accent and 1 clove garlic. Cover and simmer about 30 minutes or until thick. This can be used on hot dogs or mixed with kidney beans for chili con carne.

ICE CREAM SANDWICH

Place slice of ice cream between graham crackers or cinnamon crisps. Serve immediately or place in freezer and serve later.

Brunswick Stew - Saltine Crackers
Tossed Salad
Milk
Banana Pudding

BRUNSWICK STEW

2 2 1/2 lb. fryers
2 quarts water
1 Tbs. salt
1 cup diced onion
1/2 teas. black pepper
1 can lima beans
1 can whole kernel corn
2 cans tomatoes
1/2 cup diced celery
1 teas. Accent

Place chicken, water, salt, onion and celery in kettle. Cover and simmer until chicken is tender. Remove chicken from broth and strip meat from bones and cut into small pieces. To broth add limas, tomatoes and corn; let simmer until thick. Add chicken and seasonings; let simmer another 10 min. Serve in bowl with crackers.

BANANA PUDDING

1/2 lb. vanilla wafers
5 ripe bananas

Cook the following over hot water until thick:

1 cup evaporated milk
2 eggs, beaten
1/2 cup water
1/2 cup sugar
2 Tbs. butter

Remove from heat and add 1 teas. vanilla. In casserole make a layer of vanilla wafers and a layer of sliced bananas. Pour hot custard over this and cover with another layer of vanilla wafers.

Meat Balls Deluxe - Mushroom Sauce
Green Beans
Shredded Lettuce
Bread and Butter Sandwich
Milk
Apple Crunch with Cookie Topping

MEAT BALLS DELUXE

Season hamburger with salt and pepper. To each pound of meat add 1/2 pound raw grated potatoes and 1 small onion grated. Blend together with 1 egg and 2 Tbs. milk and form small balls about the size of a walnut. Sear well in hot fat. Remove from fire. Place in casserole. Add medium thick tomato sauce, cream of mushroom soup or brown gravy. Sauce should only come about half way over meat. Cook in oven at 350° for about 20 min.

APPLE CRUNCH WITH COOKIE TOPPING

8 fresh apples, peeled and sliced
1 cup water
1 teas. cinnamon
1/2 cup flour
1 stick oleo (1/4 lb.)
3/4 cup brown sugar
1/2 cup vanilla wafer crumbs

Fill buttered casserole with apples and water. Blend other ingredients until crumbly. Spread this over top of apples and bake uncovered for about 1 hour at 350°.

Baked Chicken
Rice
Buttered spinach
Waldorf Salad with peanut butter
Buttered Biscuits
Milk
Pumpkin Pie

BAKED CHICKEN

Pour 1 cup oil in heavy skillet. When hot add pieces (cut in serving size) of frying size chicken seasoned with salt and pepper; cook until light brown. Remove and place in baking pan. Remove oil from skillet. Add 1 cup water to skillet and let come to boil. Pour over chicken and place chicken in oven (350°); bake until tender and golden brown.

WALDORF SALAD WITH PEANUT BUTTER

3 eating apples, diced
1/2 cup diced celery
1/4 cup raisins
1 Tbs. sugar
1/2 teas. salt

Mix together 1/4 cup mayonnaise and 2 Tbs. peanut butter. Add the remaining ingredients and mix well.

SPICY PUMPKIN PIE (9 inch)

2 Tbs. oleo
1 1/2 cups cooked pumpkin
1 teas. ginger
1 teas. cinnamon
1 teas. mace or nutmeg
1/4 teas. cloves
2 eggs
2 Tbs. flour
1/2 cup dark brown sugar, firmly packed
1/2 cup white sugar
1 cup milk

Line 9 inch pie pan with pastry and keep it cool in refrigerator while you make the filling. Melt oleo and stir in pumpkin; add spices. Beat eggs until light. Stir together the flour, both kinds of sugar, salt, milk and beaten eggs. Then add egg mixture and pumpkin gently. Pour into unbaked shell. Bake 10 min. at 450° and then 45 min. at 325° or until knife comes out clean when inserted in middle of pie.

Creamed Tuna on Croutons
Steamed Cabbage
Carrot and Raisin Salad
Milk
Hot Milk Sponge Cake

CREAMED TUNA ON CROUTONS

Make cream sauce as follows: Melt 2 Tbs. oleo. Blend in 2 Tbs. flour; stir until smooth and gradually add 1 cup evaporated milk. Cook over hot water until thick. Add 1 teas. salt and dash of pepper. Add 1 small can tuna fish flaked. Serve over croutons made by cutting bread in small cubes and toasting in slow oven.

HOT MILK SPONGE CAKE

2 eggs
1 cup sugar
1 cup flour
1/2 teas. salt
1 level teas. baking powder
1/2 cup hot milk
1 level Tbs. butter
Flavor to taste

Beat eggs; add sugar and beat again. Add flour sifted with salt and baking powder. Finally beat in milk and butter. THE MILK MUST BE HOT. Bake in moderate oven (350°), about 30 min. or until toothpick comes out clean.

Macaroni and Cheese
Green Beans
Carrot and Celery Sticks
Toasted Bread Sticks
Lime Jello with Apple Sauce
Milk

MACARONI AND CHEESE (6 to 8 servings)

Cook 1/2 pound macaroni according to directions. After macaroni is drained, put layer of it in buttered casserole; sprinkle with 3/4 cup shredded sharp cheddar cheese. Put another layer of macaroni and top with another 3/4 cup cheese. Over the macaroni and cheese pour an egg and milk mixture made as follows;

2 eggs, well beaten
1 cup evaporated milk
1/2 cup water
1 teas. salt
1/2 teas. Accent
1/4 teas. pepper

Bake in 350° oven until firm (about 30 min.)

LIME JELLO WITH APPLE SAUCE (Serves 10)

4 cups apple sauce
1 3/4 cups gingerale or apple juice
2 small pkgs. lime Jello

Bring apple sauce to boil; add lime Jello. Let cool slightly; add gingerale or juice. Mix and pour into molds. Refrigerate until firm.

Roast Beef
Lima Beans and Corn
Celery Sticks
Hot Biscuits
Milk
Fresh Fruit

ROAST BEEF

3 pound blade chuck roast
1 pkg. Lipton Onion Soup mix
1 can cream of mushroom soup

Place roast in baking pan. Sprinkle onion soup mixture over roast and cover with mushroom soup undiluted. Place foil over the meat, sealing it tightly around edge of pan. Bake in 350° oven about 1 1/2 hours or until fork tender. This roast has a delightful taste and the gravy is already made.

Baked Grits and Cheese
Buttered Green Peas
Shredded Lettuce with Chopped Egg
Toasted Bread
Milk
Fresh Pears

BAKED GRITS AND CHEESE

Cook the following together:

1 cup hominy grits
4 cups boiling water
1 1/2 teas. salt

The water should be absorbed and the mixture almost pourable.

Stir in 1 cup milk. Cool to lukewarm. Butter casserole thoroughly. Add to grits and milk mixture after it cools 2 eggs and 1 cup oleo (2 sticks). Bake grits for 40 to 50 min., stirring gently now and then to prevent crusting. Sprinkle parmesan cheese on top the last 10 minutes or until cheese is heated.

Spaghetti with Meat Sauce and Cheese
Health salad
Toasted Rolls
Milk
Do-nuts

SPAGHETTI WITH MEAT SAUCE AND CHEESE

1/2 pound spaghetti, cooked

Sauce: Place 1 pound hamburger in heavy skillet with 1 grated onion and 1/2 green pepper diced and cook until light brown. Add 2 cans tomato sauce; cook until thick. Season with salt and pepper to taste and add 1 teas. Accent. Pour sauce over cooked spaghetti and add 1 cup shredded sharp cheddar cheese. Stir until cheese is melted. Serve with toasted rolls.

HEALTH SALAD

1 diced apple (leave peeling on)
1 grated carrot
1/2 cup chopped celery
1/2 cup raisins
1 cup shredded lettuce
1/4 cup mayonnaise
1/2 teas. salt
1 Tbs. sugar
1 teas. Accent

Mix together.

Baked Ham
Buttered Diced Potatoes
Green Peas
Carrot Sticks
Pocket Book Biscuits
Milk
Fresh Stewed Apples

POCKET BOOK BISCUITS

1 can of Buttermilk Biscuits
Oleo

Open can of biscuits. Pull each biscuit to form oblong. Place small piece of oleo on one side and fold over as pocket book rolls. Bake in oven according to directions on can.

FRESH STEWED APPLES

Peel and slice about 8 apples. Add 1 cup sugar and 1/4 cup water. Cover and bring to boil. Let simmer until done. If there is too much liquid, cook down until about dry. Cinnamon can be added.

SNACK TIME FAVORITES

SIPPING JELLO

1 large package Jello, any flavor
2 quarts water
1 quart fruit juice
1 cup sugar

Dissolve Jello in 1 quart hot water. Add sugar and stir until dissolved. Add remainder of water and fruit juice. Place in refrigerator overnight. It should be about the thickness of a thick milk shake. Tang may be used instead of fruit juice.

EASY BROWNIES

6 Tbs. Wesson oil
1 cup sugar
1/2 teas. baking powder
1/2 cup sifted flour
1/2 teas. salt
2 Tbs. cocoa or 1 oz. melted chocolate
3/4 cup chopped nuts or 1/2 cup shredded coconut
1 teas. vanilla
2 eggs

Mix ingredients. Bake in greased pan for 20-25 minutes at 350°.

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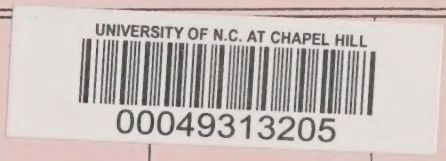

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